

BRAIN BREAKS

A collection of bite-size
activities to get students moving
in the classroom.



CGMHBA

HEALTHY
HEROES

BRAIN BREAKS

THE OPPOSITES GAME

The teacher gives out an instruction and the students must perform the opposite instruction.

Example

Stand up = Sit down

Face the front = Face the back

Smile = Frown

Thumbs up = Thumbs down

BRAIN BREAKS

FREE DANCE

Dance to the music anyway you want.

Variation

Start and stop the music, have students freeze when the music stops. Each time the music starts, do a different dance. Try using GoNoodle for a difference.

BRAIN BREAKS

MIME YOURSELF

Have students get into pairs and without talking mirror each other's actions.

Variation

Tell students that without talking they should switch back and forth as to who has the lead. Suggest that students mime their favourite sport or outdoor activity.

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12 DAYS OF FITNESS

Students act out the following routine:

On the first day of fitness, my teacher showed to me...

- 12 Jumping Jacks
- 11 Raise the Roofs
- 10 Knee Lifts
- 9 Side Stretches
- 8 Jogs in Place
- 7 Giant Punches
- 6 Kicks to the Front
- 5 Side Twists
- 4 Jumping Ropes
- 3 Muscle Pumps
- 2 Scissors (Feet apart and criss cross in front and back)
- 1 Stork Stand (Balance on One Foot)

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HEALTHY HERO TRAINER

Have a student lead a 2-3 minute physical activity break doing any activities, dances or games of their choosing.

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AS IF...

Teacher reads sentences to class.
Have students act out each sentence
for 30 seconds.

Examples

Jog in place *AS IF* a big scary bear is chasing you

Jump in place *AS IF* you are popcorn popping"

March in place *AS IF* you are in a marching band.

Shake your body *AS IF* you are a wet dog.

Variation

Get students to come up with their own.

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DROP EVERYTHING AND DANCE

Pick a song to play randomly throughout the day. Anytime the song is played, students must drop everything and dance.

Variation

Each day make it a different dance or movement. The floss dance, squats & hopping are some fun ones to try.

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MINGLE, MINGLE, GROUP!

Students wander around the classroom saying, “mingle, mingle, mingle” in soft voices until the teacher says, “Groups of 5,” at which point the students must quickly group themselves into groups with the correct number of people and sit down. Students who are left over must do three star jumps before the next round starts. The teacher can call out any number for the group size.

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TRADING PLACES

Have students stand behind their pushed in chairs. Call out a trait, and everyone who has that trait must change places with someone else who has the same trait (students who do not have the trait stay where they are).

Example

“Everyone with curly hair.”

“Everyone who ate cereal for breakfast.”

“Everyone who is wearing stripes.”

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WRITE WITH BODY PARTS

Have students use their body parts as an imaginary pencil, to write a spelling word you call out in the air.

Example

Use your head to write the word 'ball' in the air." You can also use your index finger, elbow, knee, toe, and belly button.

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FAVOURITE MOVES

Students stand behind their chairs. In turn, each student says his or her favourite vegetable accompanied by a special movement. For example a student might say, "carrots" while dramatically dropping to one knee and doing Jazz Hands. After the student does his or her move, the rest of the class says the student's favourite vegetable in unison and imitates the move. Then it is the next student's turn.

Variation

favourite fruit, physical activity,
their name etc.

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BACK TO BACK

Pairs of students sit on the floor,
back to back with arms linked.
The challenge is to stand up.

Variation

Try with three or more students.